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Post Operative Instructions **Bite Splint/ Night Guard Inst.**

Congratulations on your new appliance! ...a few points for you to understand.

Removal: Remove by teasing appliance down with index fingers.

- It is a device that is an aid to help you learn to relax your jaw. In some cases patients will still clench or grind. It will be the plastic, not your teeth that will wear. Your teeth will be protected.
- Don't bite against the appliance. It is made with a "home base" bite where your muscles should be relaxed. If you find yourself clenching, take a deep breath and relax.
- It may take a few days or longer to get used to sleeping with it. A positive "I will get used to it!" attitude can help.
- Consistent nighttime wear is recommended. Try and be more aware of your jaw during the day. Feel free to wear your appliance when you feel you need it-i.e, driving, during stressful times like trying to balance your checkbook.
- Be aware of your jaw, muscles, bite and headaches that we will discuss at your post op. evaluation and adjustment appointment.

Care: Your Bite Splint is strong, but don't "bite" it into place. Avoid dropping it on the floor or into a porcelain sink. Keep it away from your dog! Keep it in your mouth or in its' case. Keep it moist—we recommend wrapping it in a moist paper towel. Brush it well in the morning and at night with toothbrush and antibacterial soap.

Please bring your Bite Splint for all dental appointments. We can ultrasonically clean it and it must be fitted against most dental work.

With proper care, you can expect to get years of use from your new Bite Splint, although it may need to be adjusted or repaired in time.